Off-Season

Our varsity program will use their off-season time and the summer months to improve. While coaches are not allowed to require out-of-season workouts or conditioning for student-athletes *(GHSA White Book p 39-40, By-law 2.69)*, all varsity coaches will schedule open workout times, camps, etc., on a voluntary basis for their respective sport teams. *Note: Coaches may only work with four players at a time in the off-season during the school year. Only in the summer months are coaches allowed to have an off-season workout involving more than four players.*

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